



SPIRIT

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FRIDAY, JAN. 7, 2005

News in Brief

SFCC honors military

State Fair Community College in Sedalia is hosting a military appreciation night Tuesday for the men's and women's basketball games against North Central Missouri College. The women's game begins at 5:30 p.m. and the men's game begins at 7:30 p.m.

Free admission is for military members and dependents who show their military ID at the door. There will also be a free raffle for prizes and refreshments served, beginning at 6 p.m., in the hospitality room.

Base members graduate academies

✓ Nine base members graduated from the Senior NCO Academy Dec. 15 at Maxwell Air Force Base, Ala.

They were:

Senior Master Sgt. Daniel Plets, 509th Aircraft Maintenance Squadron, earned the Distinguished Graduate Award.

Other graduates were **Senior Master Sgt. Ronald McAlister**, 509th Maintenance Squadron, **Master Sgt. James Branda**, 509th Operations Support Squadron, **Master Sgt. Thomas Carrigan**, 509th Civil Engineer Squadron, **Master Sgt. Mark Onken**, 509th CES, **Master Sgt. Roy Person**, 509th Maintenance Squadron, **Senior Master Sgt. Patrick Rodriguez**, 509th CES, **Master Sgt. David Verran**, 394th Combat Training Squadron, and **Master Sgt. John Watry**, 509th Medical Group.

✓ Fourteen 509th Bomb Wing technical sergeants graduated from the NCO Academy at Keesler Air Force Base, Miss., Dec. 16.

They were:

Shane Hagemeier, 509th Communications Squadron, earned the Distinguished Graduate Award.

Daniel Mann, 509th Logistics Readiness Squadron, earned the Distinguished Graduate and Academic Achievement awards.

Other graduates were **Benjamin Anderson**, **Jeffrey Grimes**, **James Maguire**, **John Malkey** and **John McKeehan**, 509th Aircraft Maintenance Squadron, **Debra Brinzow**, 509th Maintenance Squadron, **Bryon Curry**, 509th LRS, **Jeffrey Green** and **Clarence Rice**, 509th Operations Support Squadron, **Shannon Moore**, 509th Mission Support Squadron, **John Rubin**, 509th Munitions Squadron, and **Jerry Waller**, 509th Maintenance Group.

Bush makes 2005 pay tables official

ARLINGTON, Va. (AFPN) -- President George W. Bush signed an executive order Dec. 30 making the 2005 military and civilian pay tables official.

The 2005 pay scales are available online at these Web sites:

✓ Military Pay Tables — <http://www.dfas.mil/money/milpay/pay/>.

✓ Civilian Pay Tables — <http://www.opm.gov/oca/05tables/index.asp/>.

Congress approved an average raise of 3.5 percent for military servicemembers, and the President's order provided for an across-the-board increase of 2.5 percent in base pay for the Foreign Service and certain pay scales used by the Department of Veterans Affairs.

DoD launches health survey

The Department of Defense announced Dec. 27 the initiation of the 2005 Survey of Health Related Behaviors among Military Personnel.

This is the ninth in a series of surveys that randomly selects about 25,000 active-duty servicemembers to participate. DoD conducts this survey about every three years to track changes in health-related behaviors among active-duty servicemembers.

The pilot test of the survey is expected to be complete by January and sent to installations by the spring.

For more details about this survey, visit <http://dod-wws.rti.org/>.



Photo by Todd Wawrychuk/Long Photography

B-2 wows millions

PASADENA, Calif. — The B-2 bomber made its annual appearance over the 116th Tournament of Roses Parade (inset) and 91st Rose Bowl Saturday. Approximately 1 million people watched the Spirit of Ohio, piloted by Lt. Col. Paul Tibbets and Capt. Jared Kennish, 325th Bomb Squadron, soar over the parade. The B-2 was escorted by an F-16 from Hill Air Force Base, Utah and an F-15 from Eglin AFB, Fla. Col. Chris Miller and Lt. Col. Terrence Sunnarborg, 509th Bomb Wing, flew the Spirit of Missouri over the game. The sorties for this mission lasted more than 13 hours. This was also the fifth time in six years the B-2 participated.

Photos printed with permission from Tim Long/Long Photography

Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

509th flying the flag: The wing opened 2005 by showcasing the B-2 to millions of Rose Parade and Rose Bowl TV viewers. It's a privilege for all of us to be stewards of this formidable airpower. We started the year on an outstanding note. Keep up the good work throughout '05 — America expects, deserves and appreciates it!

Deploying, Whiteman style: You may not have noticed them, but earlier this week, more than 400 Air Force members from various bases in the Midwest came through Whiteman to deploy to Southwest Asia. This is a new U.S. Central Command Air Forces concept, and the idea of using continental U.S. bases as aggregation launch-pads was both to avoid choke points at civilian airports and to better track deploying Airmen in order to improve intra-theater transportation.

Many 509ers worked hard and did this right! Our transient alert and 509th Operations Support Squadron pros turned some big airplanes quickly and got them on their way; many Whiteman people, like Connie Koch at the community center, made a



Photo by Melissa Klinkner

The 509th Bomb Wing's first Wingman Award went to Master Sgt. Mauree Powell, 509th Medical Group, Tuesday. Colonel Miller said Sergeant Powell's timely actions helped a fellow Airman in need and exemplified the idea of being a "wingman" to the Air Force family.

great positive impression on our visitors. Special thanks for initiative, attitude and results go to Staff Sgt. Jeff Mount and

Master Sgt. Craig Langley of cargo deployment, Tech. Sgt. Heidi Mount in passenger movement, Staff Sgts. Daisy Ehrsam and Lisa Wilkins from the traffic management office, Senior Master Sgt. Courtney Davis and Tech. Sgt. Todd Lewis from operations, 1st Lt. Russ Rumley and Master Sgt. Dermoth Higgins from trans, Tech. Sgt. James Presley from services, and Tech. Sgt. Scott Bailey from security forces. Most of all, thanks to Capt. Robert Austin and Richard Youngcourt for running the deployment show on this first-time, massive effort. We can all be very proud of our 509th Logistics Readiness and Services squadrons — they did OUTSTANDING work to give these deployers a pleasant, efficient send-off in true Whiteman style.

Jive into '05: New Year's Eve was a great time, thanks to the 509th Services Squadron and everyone who came out to enjoy the activities. The day began at noon with opening ceremonies and tricycle races at the fitness center; continued with free pizza and Cosmic Bowling at Stars & Strikes; then at the community center for fun and games; then to the library for story time and gingerbread houses, and finally

to the club for free appetizers and games until 11 p.m. What a great way to spend the day and ring in the New Year! Thanks to 1st Lt. Rosanna Wadkins for coordinating the opening ceremonies, Master Sgt. Mark Hamrick for all the behind the scenes set-up action, and Brenda Alexander for working with our generous sponsors for this event. Compliments on a job well done!

Ice! Wednesday's ice storm made travel on base difficult, but our civil engineer folks were on the job working all hours to help clear the roads and get the base moving again. They really helped. For all of us, *remember to stay alert, slow down and be careful* — whether you're driving or walking — *ice is dangerous*.

Set a goal — reach a goal: Thanks to the hard work we put into our flying program in December, the wing has earned a goal day. Special thanks go to the maintainers for keeping the jets in the air and the pilots for flying the training missions that met our monthly flying goal, but it's truly a wing effort — ops, maintenance, support, medical groups and the wing staff all have to work effectively to make it happen. Take the day off — **you've earned it!**

Fitness program is real deal

By Maj. Chase McCown
509th Aircraft Maintenance Squadron Commander

I ran my first marathon in 1990 and got hooked. I've put in a lot of miles since then and could preach for hours about all the mental, physical and close-to-spiritual benefits that can come from being fit and living a healthy lifestyle.

I know you've read a lot of articles already giving you the same message, so I'll save you from another. What I want to do is take another view and shoot straight with you about our fitness program.

If you're not fully onboard with making fitness a part of your life, you are screwing up! The Air Force is serious. We found out over the last several years that we were off target with cycle ergometry and need to get our force back in shape.

Last year, we implemented the new fitness program, and Air Force Instruction 10-248, Fitness Program, spelled out the written guidance. We've used this year to let folks adapt and understand the program.

Although there still may be some small tweaks to the program, the Air Force has it right.

I listened to Air Force Chief of Staff Gen. John Jumper speak at a Senior NCO Academy graduation a few months back. He said the fitness program was going to have some teeth and that there would be accountability for those who failed to meet standards.

I hope our young folks will simply realize that this is where the Air Force is heading and make fitness part of their day-to-day business from the beginning. I'm a little worried about our folks who have been in our service for a while and haven't evolved with the new fitness mindset.

If they don't adapt to our new approach and standards, guys like me are going to find ourselves in tough situations having to make administrative or disciplinary decisions that will impact the future of those members and their families. Don't put yourself in that situation!

I know many great NCOs and SNCOs who have worked 10- and 12-hour days for a lot of years fixing airplanes and generating sorties. Some of those great warfighters still like to smoke cigarettes, and eat and drink a little too much.

What a shame for all of their successes to be negatively impacted because they ignored the message that

the Air Force was taking fitness seriously and they didn't get engaged. What a shame for an officer or SNCO to take a hit on a performance report for failing to meet standards because they didn't score high enough on a fitness test, that if they passed, would be a once-a-year event.

I will run almost every day if my schedule will allow, but I've got to fess up that whenever I went to do business with someone or make a phone call and was told they were at the gym, I wondered why they were playing around instead of doing their job ... in hindsight, pretty hypocritical of me.

We must realize that doing PT is now part of our daily duty and change our mindset accordingly. Our leadership is telling us to do it.

The Air Force implemented a fitness program over the last year to improve the capability of its force and to increase the quality of life of our members. To ensure this happens, we implemented standards in which to measure ourselves. If you fail to meet those standards, especially because of a lack of effort or willingness to adapt, you are doing a disservice to yourself, your family and your unit.

Now, I'm going running.



Photo by Melissa Klinkner

Maj. Chase McCown, 509th Aircraft Maintenance Squadron commander, takes a break from his daily duties to run on the treadmill at the fitness center. He runs five days per week if his schedule permits.

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The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

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ACC sexual assault teams' assessments lead to corrective actions

By 1st Lt. Ryan Fitzgerald
Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. (ACCNS) — There are more sexual assaults occurring in Air Combat Command than are being reported, according to an ACC report released Dec. 15 that provided an unprecedented look into the climate of the command.

The internal look began in March after Gen. T. Michael Moseley, Air Force vice chief of staff, tasked each major command to assess sexual assault response programs at each of its installations, report findings and make recommendations for improvement.

In response, Gen. Hal Hornburg, former ACC commander, appointed three teams to visit ACC bases in the continental United States, and a fourth team to visit forward-deployed locations. The Sexual Assault Assessment Teams gathered information in four areas: education and training, reporting procedures, response programs and program oversight.

The teams took a snapshot of Airmen's perceptions regarding sexual assault and how they were handled by the command. The information gathered was anecdotal and came from small focus groups representative of installation members such as first sergeants, dorm residents, junior enlisted members, senior enlisted personnel and officers. Team members didn't ask participants if they were sexually assaulted and how their case was handled.

Besides the team visits, ACC leaders wanted to give Airmen a way to provide anonymous feedback on the sexual assault and harassment climate in the command and at ACC's deployed locations.

"Our people are my top priority," said Lt. Gen. Bruce Wright, current ACC commander and vice commander at the time the assessment began. "The standard is clear: sexual assault and harassment are inconsistent with our core values and impede our ability to perform our mission."

With this as a charter, ACC created, and the Air Force Personnel Center administered, a personal safety survey to 89,604 Airmen command-wide March 25-April 7. Nearly 26,000 people provided anonymous feedback to supplement the SAAT findings. Results of the survey indicate there are more sexual assaults occurring in the command than are being reported.

The Air Force Office of Special Investigations examined 103 alleged sexual assaults throughout ACC in fiscal

2003. However, 228 women and 84 men participating in the survey believed they had been sexually assaulted, most in the past 12 months. The questionnaire defined sexual assault not only as rape and forcible sodomy but also indecent assault, which is touching someone in a sexual manner without consent.

The absence of an agreed-upon definition of sexual assault between agencies that work this issue and the lack of a common understanding of what violations of the Uniform Code of Military Justice constitute sexual assault make it difficult to track numbers accurately. How a case is characterized often depends on the individual facts.

"For example, from a legal perspective, whether an incident is a sexual assault often depends on the assailant's intent," said Maj. Brynn Morgan, ACC assistant staff judge advocate and SAAT member. "The victim may believe the assault was a sexual one, but the assailant may be found guilty of only assault rather than an indecent assault."

While tracking accurate numbers was identified as a clear challenge, command experts say there's little doubt of the usefulness of providing Airmen an avenue to provide anonymous feedback on the sexual assault climate within the command and to supplement the SAAT visits, Major Morgan said.

"We wanted to know who was being assaulted, who was committing the assaults and how aware our Airmen were of programs available to assist them," the major said. "With nearly 26,000 Airmen responding we're pleased with the sheer volume of inputs and the opportunity it gives us to address the issues identified."

Of the incidents identified by respondents to the personal safety survey, 75 percent were categorized as indecent acts or assaults; 12 percent as rape; 2 percent as forcible sodomy; and 11 percent as some combination of the above.

The SAAT report also cited two areas for improvement: the implementation of standardized education programs focused on preventing sexual assaults and creation of a climate where sexual assault victims are confident they can report the crime to commanders and receive effective support.

Explanations for the lack of reporting of sexual crimes covered a wide spectrum, said Col. Edward Dixon, ACC director of personnel and one of four team chiefs responsible for assessing the command's sexual assault response

programs. The most common reason given for limited reporting was a perceived lack of privacy that resulted when sexual assault victims reported the crimes to military authorities.

"We wanted to ensure we gave ACC senior leadership and the wing commanders the most accurate and usable information possible," Colonel Dixon said. "This report provides us more information than we've ever had to focus our efforts on deterring assaults and providing necessary support to the victims."

Based on MAJCOM inputs, Air Education and Training Command officials are developing an Air Force-wide program to inform people about what constitutes sexual assault, appropriate preventive measures and the reporting process.

ACC initiatives include a recently released video on preventing sexual assault titled "Choices Have Consequences." Another initiative is a brochure template commanders can use to publicize their local reporting procedures and victim support services.

To help foster an environment where each Airman feels safe, ACC is also working to improve its dormitories.

"Our goal is for all ACC Airmen to believe they can be part of the solution by respecting their fellow Airmen and taking care of each other in their unit's work and living environments, on and off base," Colonel Dixon added. "On base, a key to our Airmen's safety is strong leadership involvement from commanders, officers, senior NCOs and our front line NCO supervisors."

ACC will release an interim dormitory policy soon that mandates self-locking dorm room doors and requires regular random inspections by unit leadership. The policy also reintroduces NCO residents in the dorms to ensure leadership oversight and visibility.

While the Air Force and ACC have already begun taking actions to address the issues identified in the Air Force and MAJCOM reports, this is the first time ACC's bases will have the opportunity to see the command's Sexual Assault Assessment Team's findings and results of the personal safety survey.

"We all have a role to play," General Wright said. "We need to educate ourselves, enforce our standards of decency and conduct, and correct inappropriate behavior at all levels."

The report is available on ACC's public Web site at <http://www2.acc.af.mil>.



Photo by Tech. Sgt. Robert Jensen

LRS members earn Purple Heart

BALAD AIR BASE, Iraq — Col. Eric Pohland, 732nd Expeditionary Mission Support Group commander, presents Staff Sgt. David Dunne, Detachment 2632, 732nd Expeditionary Logistics Readiness Squadron, with a Purple Heart medal during a ceremony here Dec. 17. Sergeant Dunne, along with Senior Airmen Mario Salaiz and Brian Leverton, who are deployed from the 509th LRS at Whiteman Air Force Base, Mo., earned the Purple Heart and were also awarded combat patches from the Army for their work escorting convoys across Iraq. The Airmen were injured when a convoy they were traveling in was attacked.



Photo by Airman 1st Class Ryan Wilson

Bronze Star

Col. Chris Miller, 509th Bomb Wing commander, presented Master Sgt. Warren Weakley a Bronze Star at the commander's call Dec. 16. Sergeant Weakley, 509th BW, earned the medal while he was assigned to the 447th Expeditionary Security Forces Squadron at Baghdad International Airport, Iraq, June 26-Nov. 1, 2003. During this time, while exposed to danger from hostile bombing and mortar attacks, Sergeant Weakley was the key for continuing base defense of the coalition and humanitarian airfield in support of Operation Iraqi Freedom. During a mortar attack that struck 300 meters away from Camp Sather, Sergeant Weakley directed the camp's defense and prepared for a ground attack which helped calm the base population.

Tricare West Region: Transition brings new features, procedures

With the transition of the Tricare military health program for the West Region complete on Oct. 1, 2004, some beneficiaries felt the “bumps” that resulted from new systems and new procedures for accessing health care.

The military’s health care services leadership, including the commanders of military treatment facilities, have been active and effective in ensuring optimal care and customer service, with a consistent focus on improving the quality of care and service. However, the causes of these “bumps” have been beyond their control.

For example, while provider networks have grown overall during the transition, some beneficiaries have still had to choose a new provider, others have experienced long waits on the telephone, and even one beneficiary receiving inaccurate information is unacceptable.

“The bumps in the road of this massive transition are being addressed as quickly as we can,” said David McIntyre, president and CEO of TriWest Healthcare Alliance, which administers the Tricare program in the new West Region comprised of 2.7 million beneficiaries in 21 states stretching from the Mississippi River to Hawaii.

“We recognize the problems, we have the systems in place to resolve the issues and we’re making progress,” he said.

In administering the vast new Tricare West Region, TriWest Healthcare Alliance more than doubled its workforce. A significant training effort has ensued to educate customer service representatives so they can provide prompt, accurate information the first time.

With such rapid growth, telephone volumes skyrocketed causing longer waiting times. The TriWest staff is working overtime to handle the volume and train more people, while the technology team focused its efforts on finding solutions. More telephone lines and additional customer service representatives have reduced waiting times and work continues in this area.

However, people are experiencing longer-than-acceptable wait times continue to occur at peak hours. Calling on Thursday and Friday afternoons can significantly reduce hold times.

“Our answer rates continue to improve every week, and are nearly within standards,” Mr. McIntyre said.

Days before the start of the West Region transition, TriWest was informed that the government’s automated interface with TriWest’s automated medical management system would not be available in time.

TriWest had to immediately redesign and resize its automated systems to work in a manual environment and completely revise the intended method for processing authorizations and referrals. TriWest formed cross-functional teams to develop work-around processes.

“While we have more work to do, I believe that we are closing the gap,” Mr. McIntyre said.

TriWest also put significant efforts into growing the provider network. Since the beginning of June, nearly 72,000 providers have been contracted, and efforts to provide a truly comprehensive provider network in the West Region continue.

“We are currently implementing a streamlined credentialing process to make it even easier for providers to join the network,” Mr. McIntyre said.

Procedures for using Tricare are fundamentally the same, but with the transition to the new contract, there are some differences:

Provider Referrals — To obtain provider referrals the process is as follows:

- ✓ Visit a primary care manager in either the MTF or network. If necessary, the PCM will write a referral for care by a specialist;
- ✓ The network PCM forwards the referral to the TriWest hub;
- ✓ For military PCMs, the MTF forwards the referral to the TriWest hub if the specialty care can’t be provided in the

MTF;

✓ TriWest processes the referral for authorization and attempts to obtain the service in the MTF if the specialty requested is available in the MTF;

✓ A letter of authorization is sent to the beneficiary with either contact information for the MTF or the name of a suggested network provider and instructions on what to do next;

For network referrals, the beneficiary has two options: accept the suggested provider or select another network provider;

✓ To accept the suggested network provider, call to make an appointment with the specialist and then call TriWest at 866-876-2383 to activate that authorization which allows TriWest to track return of the consultation to the PCM within 10 days;

✓ If selecting a different provider, call 888-TriWest (874-9378), select the authorization option and provide the name of the new provider to the customer service representative. A new letter will be sent to the beneficiary;

To find network providers, visit <http://www.TriWest.com> and click “Find a Provider,” located in blue at the top, right hand side of the screen. From there, follow the easy-to-use instructions.

Prescription Medications — Under the new West Region contract and the entire Tricare program, beneficiaries have three pharmacy options: the MTF, Tricare Mail Order Pharmacy and Tricare Retail Pharmacy Network. Express Scripts processes is the contractor responsible for the TMOP and TRRx programs. To order by mail or locate a local network pharmacy, visit <http://www.express-scripts.com/TRICARE> or call 866-363-8779. Be sure to double-check the prescription order for accuracy.

Enrollment Fees — Based on requests from beneficiaries, Tricare Prime enrollment fees can now be paid by allotment or by an electronic funds transfer system from a financial institution. Department of

Defense allotment forms are available at TriWest.com or from the Tricare Service Center at the 509th Medical Group.

Permanent Change of Station — When transferring from one duty station to another in the Tricare West Region, beneficiaries must submit a change of PCM request by calling 888-TriWest and submit an address change in the Defense Enrollment Eligibility Reporting System. Temporary and permanent address changes may be submitted at the military identification card facility on the nearest installation, mailed to Defense Manpower Data Center Support Office, Attn. COA, 400 Gigling Rd., Seaside, CA 93955-6771, updated online by using the DEERS Web site, <http://www.TRICARE.osd/DEERSaddress/> or by calling 800-538-9552 or faxing to 831-655-8317.

Upon arrival at a new duty station visit the local TSC/TCAC to begin the enrollment transfer process. Within the Tricare West Region, online enrollment is accessible at www.triwest.com. It is important to complete the enrollment-transfer step as the DEERS will reflect the Defense Medical Information System code from the last duty station. If the DMIS code isn’t updated to reflect the new duty station, claims may not be processed correctly.

“About 50 percent of TriWest employees are retired military or military family members, so rest assured we are committed to improving our levels of service to the men, women and families stationed at your base,” Mr. McIntyre said. “We feel privileged to serve America’s military family and are committed to doing whatever it takes to serve those in the entire West Region. While it is difficult to bear with a period of transition, the result will be a stronger, better, more efficient Tricare program.”

If you have questions or problems, call TriWest at 888-TRIWEST (874-9378) or visit the Web site at <http://www.triwest.com>.

This space is reserved for advertisements

97 Airmen sew on next stripe

The 509th Bomb Wing recognized 97 promotees during a ceremony at Mission’s End Monday. They were:

Airmen Matthew Dickman, 509th Logistics Readiness Squadron; **Jessica Pierce**, 509th Security Forces Squadron; **Joe Riojas**, 509th SFS; **Dennis Taylor**, 509th LRS; **Tracy Valero**, 509th Medical Support Squadron; and **Mark Vollert**, 509th SFS.

Airmen 1st Class Alexis Agnew, 509th Medical Operations Squadron; **Brandon Blunt**, 509th LRS; **Amir Hasan**, 509th Munitions Squadron; **David Meredith**, 509th Aircraft Maintenance Squadron; **Ryan Merrill**, 509th LRS; **Jason Muniz**, 509th Services Squadron; **Mark Noffke**, 509th SFS; **Jennifer Phillips**, 509th Mission Support Squadron; **Cynthia Rutherford**, 509th Maintenance Operations Squadron; **Steven Stewart**, 509th AMXS; and **Lora Teets**, 509th AMXS.

Senior Airmen Nathaniel Baker, 509th Maintenance Squadron; **Andrew Bennett**, 509th LRS; **Joann Bragg**, 509th MXS; **Colt Callison**, 509th SFS; **Keith Chase**, 509th MDSS; **Louis Choi**, 509th SFS; **Addison Coyle**, 509th Civil Engineer Squadron; **Roberta Czepiel**, 509th MUNS; **Stephen Darce**, 509th AMXS; **Daniel Davis**, 509th MXS; **Russell Dunn**, 509th SFS; **Benjamin Elkins**, 509th MXS; **Aaron Ethier**, 509th MXS; **Edwin Evans**, 509th MUNS; **Andrew Gelb**, 509th

MUNS; **Benjamin Hokanson**, 509th CES; **Bernard James**, 509th SFS; **Jessica Kowalski**, 509th LRS; **Michael Krutsinger**, 509th MXS; **Jesse Lockett**, 509th SFS; **David Logue**, 509th MUNS; **Steven Martin**, 509th SFS; **Nathan McGowan**, 509th LRS; **Joshua Morris**, 509th MXS; **Samyra Nikbakhshali**, 509th MDOS; **Elmer Ogaldes**, 509th SVS; **Mark Owens**, 509th AMXS; **Johnathon Paddock**, 509th AMXS; **Andrew Robinson**, 509th MUNS; **Brian Schleder**, 509th SFS; **Christopher Schleder**, 509th SFS; **David Schroter**, 509th CES; **Cody Sides**, 509th AMXS; **Steven Sitzes**, 509th SFS; **Arintha Sklenar**, 509th MXS; **George Smith**, 509th AMXS; **Christopher Stigall**, 509th CES; and **Lindsay Trotter**, 509th MUNS.

Staff Sgts. Ryan Baum, 509th MUNS; **Jennifer Brown**, 509th LRS; **Andrew Buchi**, 509th CES; **Wesley Cantrell**, 509th MXS; **Christopher Carpenter**, 509th Communications Squadron; **Jorge Grant**, 509th CES; **Robert Hamilton**, 509th LRS; **Jason Lewis**, 509th MXS; **Damien Needom**, 509th SFS; **Sonja Parks**, 509th MDOS; **Sandra Roberts**, 509th LRS; **Andrew Rood**, 509th MXS; **Dorian Setles**, Operations Support Squadron; **Anthony Shepherd**, 509th MXS; **Janiece Smith**, 509th MUNS; **Christina Vrentas**, 509th LRS; and **Riley Walton**, 509th MXS.

Tech. Sgts. Neil Atherton, 509th MXS;



Photo by Airman 1st Class Ryan Wilson

Chief Master Sgt. Vicki Orcutt, 509th Bomb Wing command chief master sergeant, leads newly promoted staff sergeants in saying the NCO Creed during the promotion ceremony Monday.

Dwayne Bolles, 509th AMXS; **Edward Caffrey**, 509th MDOS; **James Carroll**, 509th MUNS; **Marcus Cooper**, 509th MUNS; **Jeffrey Dickson**, 509th CES; **Danielle Dunnivant**, 509th MDOS; **Luke Ford**, 509th MSS; **William Hewitt**, 509th MXS; **Timothy Johnson**, 509th CES; **Robert Krayner**, 509th MXS; **Michael Miller**, 509th OSS; **Adrienne Mimms**, 509th SVS; **Craig Okan**, 393rd Bomb Squadron; and **Christopher White**, 509th

Contracting Squadron; **Master Sgts. Maria Althoff**, 509th AMXS; **Bradley Case**, 509th Bomb Wing; **Juan Castro**, 394th Combat Training Squadron; **Kenneth Curtis**, 509th CES; **Juan de La Garza**, 509th MUNS; **John Miner**, 509th AMXS; and **Aaron Powell**, 509th MDOS.

Senior Master Sgts. Richard Jewell, 509th Maintenance Group, and **Steven Poole**, 509th MUNS.

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22 earn BTZ stripe

The senior airmen below-the-zone promotion results were released Dec. 17.

The 22 airmen first class who were selected for promotion are:

Central BTZ Base Board

Jennifer Bogenrief, 509th Medical Operations Squadron, and Kristipher Padden, 509th Communications Squadron

Large Unit BTZ results

Derek Adams and George Keen, 509th Logistics Readiness Squadron, Kristen Allen, Daryl Crane and Amanda Onorata, 509th Munitions Squadron, Brandon Brownlee, Dacia Davis, Zachary French, Lindsey Harris, and Bobbi Mead, 509th Security Forces Squadron, Carlos Cabrera and Joseph Pagano, 509th Maintenance Squadron, Chiya Dawoudi and Jason Saari, 509th Civil Engineer Squadron, Tyler Brantley, Timothy Durham, Adrian Garcia and Mindy High, 509th Aircraft Maintenance Squadron, and Cristina Dyer and Aaron Shirley, 509th Operations Support Squadron.

ALS graduates 24 future NCOs

Airman leadership school Class 05-A graduated 24 senior airmen in a ceremony Dec. 17 at Mission’s End.

The award winners were:

Mayco Batres, 509th Logistics Readiness Squadron, John L. Levitow Award,

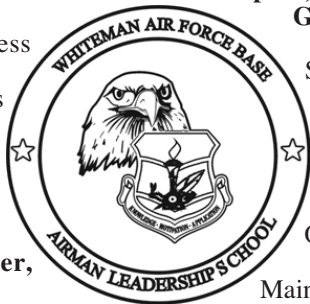
Robert Lee, 509th Communications Squadron, Distinguished Graduate and Leadership awards, and

Antaeus Silas, 509th Maintenance Group, Academic Achievement Award

Other graduates were:

Christopher Gunn and **Joshua Turner**, 509th Civil Engineer Squadron

Carlos Espada, **Devon Milton**, **LaDaryl Murchison**, **Paul Santos** and **Xia Thao**, 509th LRS,



Angelia Martinez, **Mark Prokop** and **Bronta Prophet**, 509th Security Forces Squadron,

Grant Rogers, 509th Services Squadron,

Dorian Settles, 509th Operations Support Squadron,

Jason Serpa, 393rd Bomb Squadron,

Steven Bobbitt, **Nathan Custer**, **Bryan Donner** and **Benjamin Weisensel**, 509th Aircraft Maintenance Squadron,

Chasidy Bowen, 509th Maintenance Operations Squadron,

Gabriel Deverney and **Noel Ragan**, 509th Maintenance Squadron, and

Jason Redding, 72nd Test and Evaluation Squadron.

This space is reserved for advertisements

Four ‘STEP’ up to challenge

Col. Chris Miller, 509th Bomb Wing commander, presented technical sergeant stripes to Staff Sgts. Richard Clark and Larry Edwards Dec. 23, and Staff Sgt. Allison Korzin, and master sergeant stripes to Tech. Sgt. April Sanders Jan 3. The sergeants were promoted under the Stripes for Exceptional Performers program. Sergeant Edwards (first photo), 509th Maintenance Squadron, is a B-2 structural maintenance shift supervisor. Sergeant Clark (second photo), 509th Maintenance Group, is an airframe and power-plant inspector in the quality assurance office. Sergeant Korzin (third photo), 509th Logistics Readiness Squadron, is the NCO in charge of computer operations in the management systems flight. Sergeant Sanders (fourth photo), 509th Medical Operations Squadron, is the NCOIC of dental readiness. The STEP program, established in 1980, is designed to meet those unique circumstances that, in the commander’s judgment, clearly warrant promotion. Under STEP, commanders of major commands and forward operating agencies and senior officers in organizations with large enlisted populations may promote a limited number of airmen with exceptional potential to the ranks of staff sergeant through master sergeant.



Photo by Master Sgt. Dee Ann Poole and graphically enhanced by Melissa Klinkner



Photo by Master Sgt. Dee Ann Poole and graphically enhanced by Melissa Klinkner



Photo by Airman 1st Class Ryan Wilson



Photo by Airman 1st Class Ryan Wilson

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Air Force Portal allows Airmen to chat with friends, family

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON — Airmen at home station or a deployed location can now send instant messages to their friends or loved ones whenever they have access to the Internet.

The Air Force recently implemented the "Friends and Family Instant Messenger" program, available through the Air Force Portal. Now, besides using the system to connect with other Airmen on work-related projects, users can chat online with non-Air Force friends or family members, said Lt. Col. Joe Besselman, the program director for global combat support systems at Hanscom Air Force Base, Mass.

"There was a dual purpose for (the instant messenger)," Colonel Besselman said. "Instant messaging has been a commercialization and socialization phenomenon in the commercial sector. Air Force leaders wanted to give that to Airmen, and to have that available in their work unit so they could chat with one another socially and also accomplish the mission. They also wanted to give deployed (Airmen) the capability to talk with their families back home."

Air Force Special Operations Command was chosen to debut this capability for the Air Force following a two-month test period. Lt. Gen. Michael Wooley, AFSOC commander, notified the command's Airmen in his holiday video, available through the Air Force Portal.

"I'm proud to introduce a new Air Force Portal real-time chat tool to help those deployed reach back and talk to their loved ones anytime, anyplace," General Wooley said. "We honor your sacrifice, and this is just one thing that we can do to support you."

Feedback from the testing period has been enthusiastically positive. The mother of one deployed staff sergeant said the service "has made a big difference in my life. Having the peace of mind of knowing that your loved one is safe on a day-to-day basis is priceless."

Colonel Besselman said supply Airmen use the instant messaging of the portal to help move mission-critical parts in and out of war theaters. Some National Guard Airmen are also using the chat to conduct recalls.

The Air Force has offered instant messaging through the portal for more than two years though the chat was limited to Airmen and civilian employees only.

Under the new program, Airmen "sponsor" friends or family onto the portal by entering their e-mail addresses into the system. The portal then generates e-mails inviting them to log on and get their own specially configured account. Airmen can have up to five people added to the system, Colonel Besselman said.

"Five people is an adjustable number," he said. "Based on the feedback ... and the scaling requirements of the infrastructure, we could change that number."

One challenge faced by the Air Force

information technology community when trying to open up the portal to non-Airmen was ensuring the network would remain safe from the viruses and malicious code so prevalent on the commercial side of the Internet.

Initially, Air Force officials allowed the system to interface with commercial chat packages. But commercial messaging software often allows users to send images and attachments to other chatters. Those attachments could be infected with viruses or other malicious logic. The Air Force system is for text-only chats.

"It doesn't allow you to embed images or sounds or documents, where somebody could have put malicious code," Colonel Besselman said.

The Air Force uses a commercially designed real-time chat program to power the program. The software, while tailored to the Air Force's specific needs, is also in use by the Army, the Navy and the Department of Homeland Security. The software does not need to be downloaded to users' computers; it is entirely Web-based, Colonel Besselman said.

"If you are using a modern browser, that's all you need to use the chat," he said.

Another concern for Air Force leaders about opening the portal to friends and family had been that individuals sponsored could chat with people they did not know.

"We didn't want people to use the (system) because they've got nothing else to do, or to be trolling around looking for lonely hearts to talk to," Colonel Besselman said. "We wanted to provide the ability for friends and family members to talk with specific people on the network."

Friends or family members will not have the same access to the portal that Airmen have, but they will get limited access to the messenger.

"The (program) allows family members or friends a way to get an Air Force Portal account, but all they see is (the instant messenger)," Colonel Besselman said. "This doesn't give them all the power of the portal, but just a scaled back version."

Within the system, it only allows visitors to see if their Air Force sponsors are logged on, he said.

Other concerns about the system have also been addressed. Recently, ranks were added to "screen names" to ensure Airmen knew who they were talking to when online.

"We added rank in there so people know your name and rank and where you are," Colonel Besselman said. "It helps make sure people are operating within the guidelines of the Air Force when they talk to somebody."

Chat on the portal is also encrypted, to prevent those outside the network from tapping into a conversation.

"A husband and wife can feel comfortable having a one-on-one conversation, because it is secured and encrypted," Colonel Besselman said.

To use the online chat, Airmen first need to get an Air Force Portal account. To sign up, visit <https://www.my.af.mil>.

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Straight TALK

Bad weather?
Base crisis?
Squash the rumors!



call the *Straight* TALK Line at
687-NEWS

M-16 training meets the future



Senior Master Sgt. Charles Jones, 509th Munitions Squadron, performs his M-16 recertification with the Engagement Skills Trainer 2000 simulator. This weapon simulator obtains its accuracy by using lasers and replicates an actual weapon's air pressure to create recoil. The simulator can also show where the weapon was pointed two seconds before and after each shot. This features allows the user to see the aim and follow through with each shot. It also helps instructors see if students are jerking the trigger.



Staff Sgt. James Brock, 509th Security Forces Squadron combat arms instructor, enters the names of class participants into the computer. The Engagement Skills Trainer 2000 simulator system cost \$95,000.



The operator's computer shows different information about each participant, including the hit and miss count, angle of weapon, trigger squeeze pressure, and if a round is chambered.



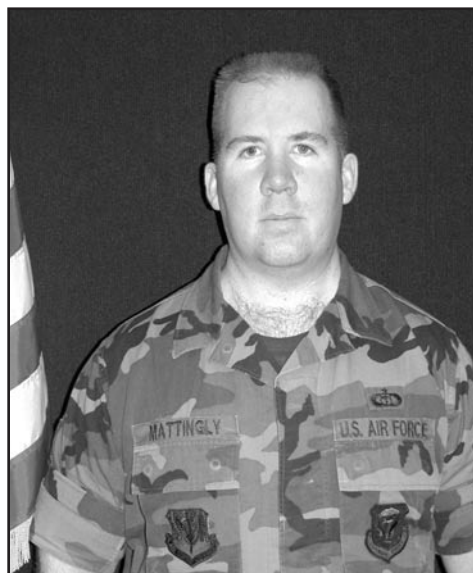
Members of the 509th Munitions Squadron enhance their shooting skills while wearing a gas mask. Combat arms instructors use the simulator to perform M-16 qualifications and weapon proficiency. This system saves the wing money by allowing up to 10 students at a time to improve their shooting fundamentals without expending ammunition. The new Air Force qualification standard for the M-16 requires that 10 out of 50 rounds must be shot while wearing a gas mask.



Above: Tech. Sgt. Scott Clemens, 509th Security Forces Squadron Combat Arms Training and Maintenance NCO in charge, teaches a class the proper break down, cleaning and reassembly of the M-16. Inset: Sergeant Clemens helps a student re-assemble an M-16. The class before simulator training is normally three hours long and includes a description of the M-16's characteristics and specifications, disassembly and assembly maintenance, destruction of weapon, fundamentals of marksmanship and sight corrections.



Whiteman Tier 2 elects officers for 2005



The Whiteman Tier 2 held its officer elections Dec. 16. The newly appointed officers were: president — Tech. Sgt. Tammy Klonowski (first photo), 509th Mission Support Squadron; vice president — Staff Sgt. Alan Reynolds (second photo), 509th Communications Squadron; secretary — Staff

Sgt. Kevin Mattingly (third photo), 509th Operations Support Squadron; and treasurer — Staff Sgt. Melanie Green (fourth photo), 509th Comptroller Squadron. These elections marked the beginning of the WT2's fourth year. "The exiting officers did an outstanding job in 2004,

adding more successes to our history with the creation of the NCO induction seminar and ceremony," said Tech. Sgt. Dave Hodges, outgoing WT2 president. For more details about WT2, visit <https://intranet/509BW/Tier%202/WhitemanTierTwo.htm>.

This space is reserved for advertisements



Photo by Staff Sgt. Francesca Popp

2nd Lt. John Rolsen, Airman 1st Class Todd Anderson and Master Sgt. James Sales, 393rd Bomb Squadron, discuss plans for the New Year and what kind of resolutions they're going to make.

1st Sergeant's View

(Editor's note: The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies, and proper military decorum. Each week, a different first sergeant will share their view.)

By Master Sgt. James Sales

393rd Bomb Squadron Additional Duty First Sergeant

If you're like most people, you've probably experienced the sudden burst of motivation that comes in early January, as holiday indulgences make their way to the waistline and New Year's resolutions force a new look at the figure we see in the mirror.

"This is the year," so the resolution goes, "that I vow to lose 10 pounds and keep it off. I'm going to work out three times a week, without fail."

Worthy resolutions they are. Sadly, New Year's resolutions are notoriously short-lived and often completely forgotten by February. The trick to making resolutions work is to follow the same steps required to make any goal work:

Choose the right resolution

For all too many resolutions, failure is virtually assured at the offset because the resolutions aren't made with serious intent. Choose the right resolution for the right reasons. Give some thought to what you really want and why you want it. The important thing to remember is that a resolution is fundamentally a commitment to yourself. Make the commitment formal. The more ceremonious, the better.

Create a plan

Most resolutions fail because people stop once they've made the resolution. It's crucial to harness New Year's temporary motivation into something that will carry you through an extended period of required effort. Once the obstacles have been identified, it's fairly easy for anybody to generate a comprehensive to-do list for accomplishing the goal. The key to constructing a good plan is to identify the exact steps that you will take toward accomplishing your goal. Write down your plan and stick to it.

Stay on track

With a good plan in hand, making significant progress toward your goal may require very little discipline for those who live strictly by daily planners and love nothing more than checking off items on their to-do lists. For those of us who can use a little help with staying on top of details, seek the help of someone with a similar goal. The idea is to find some external activity that keeps you motivated, such as a friend or co-worker to lend a hand and be part of what you're doing.

Be flexible and keep on going

Sometimes you might change your goal or abandon a goal altogether. Maybe circumstances beyond your control crop up at the most unexpected and inconvenient time. Remember, your short-term and long-term priorities might change. So build some flexibility into your expectations; you can simply adjust things as you go.

Remember to acknowledge your success even if it's a partial success. Losing any weight is cause for celebration, even if your original goal was to lose a pre-determined amount of weight. If you only work out two times a week instead of the three days you planned, that's not a bad thing. Remember, if you get one step closer to your goal, then you are better off than before you began. Pat yourself on the back and keep on going.

Good luck ... have fun and keep your eye on the prize.

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*Submitting
Civilian Employee
of the Week*

To nominate a civilian employee, send an e-mail to whiteman.spirit@whiteman.af.mil.

Be sure to include why this person is being nominated.

Chaplain recalls honoring fallen in Baghdad

(Editor's note: Chaplain (Maj.) Shane Gaster was deployed to Baghdad International Airport, Iraq, from late May to early September 2004. During the rotation, the chaplain staff — two chaplains and two chaplain assistants — conducted memorial services for 106 casualties in 111 days. Chaplain Gaster is the senior Protestant chaplain for the 509th Bomb Wing here.)

By Chaplain (Maj.) Shane Gaster
509th Bomb Wing

The temperature was pushing 100 degrees. I wore body armor over my desert camouflage uniforms and it was suffocating. A warm, but welcome, breeze swept across the flight line like a hot air blower in my face. Beneath the armor, I was soaked; the layers of my clothing stuck to me like cellophane. After the first week, I didn't notice it anymore. Summer was still three days away.

The telephone in the chapel tent rang a little after 9 p.m. on June 18. It was the U.S. Army Mortuary Affairs Team at Baghdad International Airport. When mortuary affairs called, it was generally to cover human remains, or HR. It's how the military refers to a casualty; but an HR is more personally known as a fallen U.S. Soldier, Airman, Marine, Sailor, defense contractor or other member of the coalition force.



Courtesy Photo

Chaplain (Maj.) Shane Gaster poses for a photo with 1st Lt. Benjamin Youngquist in front of the Victory Chapel at Baghdad International Airport, Iraq. Chaplain Gaster was deployed from Whiteman Air Force Base, Mo. Lieutenant Youngquist was deployed from Mountain Home AFB, Idaho.

I was in the country less than a month and had already done 40 of these, but the event that night warranted deeper reflection. I wrote it in my journal because I was

talking to myself about it, and sometimes I needed to talk to myself. We all do.

At BIAP, aircraft taxi, land, and take off without lights; the airfield is deliberately

kept dark. I responded that night, along with my chaplain assistant, Airman 1st Class Marco AVECILLA, to the C-130 Hercules that had just taxied in. As it approached, we could see a dim light emanating from the cargo hold; it was just enough illumination to allow the loadmaster and crew to see their way around inside.

Air Force honor guard members were assembling; they were Airmen assigned to Camp Sather, the Air Force contingency at BIAP, who generally worked 10-12 hours a day, six to seven days a week, but volunteered to do additional duty as members of the honor guard. They wore the desert cammies for these formations. Underneath the body armor, we were all suffocating.

Lt. Col. Darlene Sanders, 447th Air Expeditionary Group deputy commander, was out at the aircraft. With her was Chief Master Sgt. Barbara Jackson, 447th AEG command chief master sergeant. They had already made the walk out from the Glass House, one of only two hardened buildings on Camp Sather. The Glass House once served as a building where Saddam Hussein's distinguished visitors were greeted, but was now home to the 447th AEG command section.

Also at the aircraft were the troops from the ramp section. Their supervisor was Tech. Sgt. Albert Sherring, deployed to Baghdad with the 146th Aerial Port from

See BAGHDAD, Page 18

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Whiteman Theater Movie Schedule

Today

Seed of Chucky R 7 p.m.
Starring — Jennifer Tilly

Saturday

The Incredibles PG 7 p.m.
Animated

Sunday

Woman Thou Art Loosed R 5:30 p.m.
Starring — Kimberly Elise and Loretta Divine

Adults: \$3.50 Children: \$1.75 Movie Recording Line: 687-5110

Movies subject to change due to availability. For current and future movie listings log on to <http://www.aafes.com/ems/conus/whiteman.htm>.

•Chapel Corner•

Catholic

Eucharist (mass) — 11:30 a.m. Tuesdays through Fridays; 5 p.m. Saturdays; and 9 a.m. Sundays

Reconciliation — After mass and upon request

Religious Education — 10:45 a.m. Sundays at the base education and training center

Protestant

General worship — 11 a.m. Sundays

Gospel — 1 p.m. Sundays

Sunday School — 9:30 a.m. Sundays

Additional worship opportunities are offered through various lay councils, organizations and activities. For more information, call 687-3652.

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BAGHDAD, continued from Page 16

Channel Islands, California Air National Guard. Tech. Sgt. John Borek, a former Marine and now an active ANG member from Fairchild Air Force Base, Wash., called the commands tonight for the honor guard that night.

Airman AVECILLA and I, along with the others, gathered at the back of the aircraft. The rear door was raised, and the ramps down and in place; we whispered quietly to each other, until, off in the distance, we could see the silhouette of the five-ton truck approaching. It belonged to the U.S. Army Mortuary Affairs team, led by Army Staff Sgt. Bertram Council. The rest of the team included Army Sgt. Edward Sandmeier, Army Sgt. Robert Yost, Army Spec. Trevor Barnes, and Army Privates 2nd Class Angel Canova and Amber Hendricks. They deployed to Iraq for a six-month tour of duty from Fort Lee, Va. (Later they were joined by Army Sgt. Charron Holcombe from the 10th Mountain Division, Fort Drum, N.Y.).

The MA team clearly had one of the most stressful, but most sacred duties there as they received the casualties and prepared them for the first leg of their journey home. The casualties' families and our nation have every reason to be grateful and proud of the sacred work the MA team did in caring for our fallen comrades.

Parked just off the nose of the C-130 was a blue Air Force bus. The ramp supervisor said there were about 30 Marines sitting on it, waiting to head out. They wait-

ed on the bus until all the cargo was loaded onto the aircraft, including the transfer case — the military term for coffin. It was the standard operating procedure.

Sergeant Sherring went to the Marines to explain what was happening and that as soon as the transfer case was loaded, they would be allowed to board the aircraft. The Marines wanted to join the honor guard formation for the ceremony. Sergeant Herring approached Colonel Sanders, Chief Jackson and myself, and shared their desires with us. We looked at one another and without hesitation nodded in unison: absolutely. In less than a minute, they assembled with us, helmets, armor and weapons included.

As the five-ton truck with the case approached the rear of the C-130, we stood at parade rest, forming two lines straight off the ramp directly under the rear of the aircraft. The air crew, as always, stood in formation with us. Sergeant Borek called us to attention.

The truck's tailgate was lowered, then with care the MA team pulled the flag-laden transfer case from the back of the vehicle. Sergeant Borek gave the command "present arms" and the formation rendered a slow ceremonial salute.

My chaplain assistant and I led the pall bearers up onto the ramps and into the cargo hold of the Hercules. The only other sound piercing the darkness was the auxiliary power unit under the port wing running the C-130's systems while it was parked. The detail broke ranks, assembled

up the ramps and huddled around the transfer case.

There we were, under the dim lights with the APU humming, looking at the flag, and thinking about the young Soldier beneath it, lying in rest at our feet. It was crowded, and I invited the troops to gather and close in.

I gave some preliminary comments as to how this Soldier gave his life earlier that day. I suspected he had slept in a tent last night with his friends and comrades, ate breakfast with them that morning, and didn't plan to end his day like this — but he was prepared to, as we all were. For some, the risk was far greater.

I said, "Hear the word of the Lord," and Airman AVECILLA read the 23rd Psalm. I then called for a moment of silence, as I always did, and offered a prayer for his family, the people of his hometown and for our nation.

I prayed for the men and women of his unit who would notice in a striking fashion when his name is no longer called at the next muster. I prayed for the aircrew who would fly this American home. I closed by praying for those U.S. Army MA team members who did what few would want to do and even fewer would talk about, and they did it in a sterling manner. God bless them.

After the prayer, and a final salute, the detail was dismissed. The entire ceremony lasted five minutes. It's some of the most honorable five minutes I can think of.

I thanked the Marines for participating

and they were all thankful for the honor, as all of us always were. We went to the air crew and wished them a safe journey out of the desert to their next stop, and they were uniquely aware of the most precious cargo they were responsible for.

We had the honor of taking a fallen servicemember and sending him home to family, friends, loved ones and neighbors. In my prayer, I asked God that when this troop finally arrived home to family and was laid to rest that his hometown and his country wouldn't soon forget the price paid in the flow and making of history.

The troop's only memorial may become a framed picture carefully set on a piano, coffee table or some other shelf, and maybe 20, 30 or 40 years from now, children, grandchildren and other relatives might see an old photograph in a frame of someone in uniform, and ask who it was. Someone will then say, "Let me tell you about your uncle, your father or your grandfather," or whoever it may have been. There will always be those who remember. Always.

It struck me later that night of the uniqueness of that particular occasion. I reflected on it at length. That night we had assembled Air Force, Army, Marine Corps, National Guard and reserve members. It was the total package. We were all proud to have been a part of the moment. Whether our uniforms say Air Force, Navy, Army or Marines, they all say "U.S." — and at the heart of what that means is "us." One team, one fight.

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Education

For more details, visit the education center Web site at <https://wwwmil.whiteman.af.mil/509mss/educ/home-page.htm>

Apply online for tuition assistance

The Air Force Virtual Education Center expands its service to include online tuition assistance requests. Air Force members at Whiteman preparing to register for college courses requesting tuition assistance are encouraged to apply online using AFVEC. Air Force members can request tuition assistance through AFVEC at <https://afvec.langley.af.mil>. For more details, call Larry Broudrick at base training and educations services at 687-2420.

AFAS grant available

The Air Force Aid Society 2005/2006 General Henry Arnold Education \$1,500 Grant Program applications are available at the family support center. Interested people may pick up an application at the FSC or go online to <https://www.afas.org>.

To find out if you are qualified or for more information, call the FSC at 687-7132.

Microsoft certification available

The Defense Activity for Non-Traditional Education Support announced a fully-funded pilot testing program that provides free Microsoft certification test to eligible service members.

The number of tests is limited and are issued on a first-come, first-served basis. For more details, visit the Web Site at <http://www.dantes-microsoft-test.com> or call Larry Broudrick at base training and education services at 687-2420.

Community

HAWC challenges Team Whiteman

The “Whiteman’s Biggest Loser” initial weigh-ins begin Monday at the Health and Wellness Center. The program offers weekly challenges issued during weigh-ins and monthly weigh-ins to measure percent body weight lost. Points will be awarded for challenges and percentage lost. Call 687-7662 for more details.

Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

FSC offers financial refresher

A financial briefing for senior airmen and below not attending the First-Term Airmen Course begins at 1 p.m. Monday. Reservations are required

Class helps new parents

Expectant parents can gain information and resources at the Bundles for Babies class at 8 a.m. Tuesday. Participants will receive free Time Life books and layette bundles. Reservations are required.

WIC representative on base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 660-747-2012.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.

Menus

Knob Noster Elementary School

- Monday:** Chicken nuggets, french fries, mixed vegetables and raisins
- Tuesday:** Chili crispito, broccoli, apple, jello
- Wednesday:** Ham, new potatoes, corn, fruit cocktail and hot rolls
- Thursday:** Chicken tamale pie, carrots, orange and pudding
- Friday:** Fish sandwich, green beans, peaches and cake

Whiteman Elementary School

- Monday:** Hot dog, french fries, fruit and cake
- Tuesday:** Tomato soup, toasted cheese sandwich, lettuce and yogurt
- Wednesday:** Chicken fried steak, mashed potatoes and gravy, green beans, fruit and hot rolls
- Thursday:** Pizza, lettuce, corn and cobbler
- Friday:** Hamburger, french fries, peas and a cookie

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SERVICES



Services Page editor.....Jamie Jennings
509th Services Squadron.....687-6525

*No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Stars & Strikes

687-5114

Sunday family dollar days

★ 12-5 p.m. Sundays

★ All games \$1 per bowler per game

★ Shoe rental \$1 per pair

Outdoor Recreation

687-5565

Military appreciation days

Snow Creek Resort in Weston, Mo., offers a Military Appreciation Day Jan. 19. A shuttle to the resort leaves outdoor recreation at 10:15 a.m. Transportation costs \$5 per person or \$15 for a family of four. Active-duty military members get a free ski and lift pass; dependents or any other military classification with a valid ID get discounted rates. Bring snacks and lunch, or money to buy from the snack shop. The bus will leave the resort by 7:45 p.m. and return to base by 10 p.m. Call for more details.

Ice skating trip

Take a trip to the ice sports arena in Shawnee, Kan. Participants will meet at 10 a.m. Jan 22 at outdoor recreation and return at 3:30 p.m. The cost is \$10 per person and includes transportation. Bring money for lunch and snacks. Sign up by Jan. 20.

Royal Oaks

687-5573

Closure

The Royal Oaks Golf Course pro shop is closed until Jan. 15.

Fitness Center

687-5573

Quarterly Incentive Program

The Holiday Rebound Challenge takes place through March 31.
January: Cross-Trainer/Aerobic Bikes/Aerobic Classes
February: Treadmill/SPINNING Class/HAWC Class
March: Treadmill/Cross-Trainer/Aerobic Bikes

Food & Fun

Mission's End

687-4422

Pay-per-view basketball

Watch "NBA League Pass" and "ESPN Full Court" games nightly in the Lavene Lounge. Starting times for televised games will vary. Call for more information. This is free for club members only.

Lunch Buffets 11 a.m.-1 p.m.

\$6 Members, \$8 for non-members

Mondays - Pasta Bar

Tuesdays - Tex Mex

Wednesdays - Oriental

Thursdays - Chef's Choice

Fridays - Seafood

Ask about the special sandwich of the week.

Community Activities

Community Center

687-5617

XTreme board games

Join your friends 6-10 p.m. today at the community center for games of "Axis and Allies", "Risk", "Civilization" and more.

Wacky winter Olympics

Play summer sports indoors 2-4 p.m. Saturday at the community center. Games include putt-putt golf, pop-a-shot basketball, wish for a fish, shuffle board, horse shoes and more. Call for more details about this free event.

Snowman Extravaganza

Kindergartners through fifth graders can participate in the snowman extravaganza 3-5:30 p.m. Jan 15. The children's programmer offers age appropriate crafts, cookie decorating, snowman stories and movies. Children should be accompanied by an adult. Hot cocoa and cookies will be served.

Valentine's to go

Now through Jan. 24 people can prepare Valentine's Day cards for Airmen. Cards must be given to the community center by Jan. 24 to reach the Airmen in time for Valentine's Day.

Veterinary Clinic

687-2667

Bring in the New Year with healthy pets

The veterinary staff offers vaccinations, heartworm and feline leukemia tests, microchipping and fecal exams at affordable prices. A variety of products are available at the clinic to protect pets against heartworms, intestinal parasites, fleas and ticks, and more. Stop by or call the clinic to schedule an appointment 9 a.m.-3:30 p.m. Mondays, Wednesdays and Fridays; and 8:30 a.m.-2:30 p.m. Tuesdays and Thursdays at 401 Lockbourne Terrace.

Family Child Care

687-1180

Base residents

Quality child care for military families is an important concern. Guidelines in Air Force Instruction 34-276, Family Child Care Programs, requires anyone providing in-home child care for 10 hours or more a week on a regular basis to be licensed. If you're currently unlicensed, you must cease care and apply for a family child care license. Call for more information.

Youth Center

687-5586

Fitness night

Youth can wear fitness clothes and be ready for some awesome fun 6:30-9:30 p.m. today. Take part in a fitness skill-a-thon, play basketball, soccer, bombardment, parachute games and more. There is a \$5 fee for members and \$6.50 fee for non-members. Call to sign up or for more details.

Hangout night

The pre-teen bucks store opens to redeem accumulated points for prizes 6-9 p.m. Saturday. Play games in the gym or lobby, challenge friends to a video game or watch a movie on the big-screen TV. The game cabinet will also be open. There is a \$2 fee for members and \$3 fee for non-members.

Skate day

Kindergartners through seventh graders can bring their rollerblades, skates or scooters and skate to their favorite music 3-5 p.m. Saturday. The youth center gym will be set up for free skating and the snack bar will be open to

purchase food and drinks. Call for more information.

Teen Center

687-5819

Friday flick night

Watch new releases on the big-screen TV 7-10 p.m. today at the teen center. This event is free for members and \$1 for non-members. Call for more details.

Late on the 8th

Teens can play eight hours of nonstop games, contests, watch movies, eat munchies and more at the youth center. The cost is \$5 for members or \$8 for two teens who sign up and pay today.

ACC Bowl by Mail

Youth 5:30-8 p.m.

Teens 8-10 p.m.

Youth will meet youth center staff Jan. 14 at Stars & Strikes for an evening of bowling fun. Participants are required to bowl three games each and will be divided into these divisions: Ages 5-8, 9-11, 12-14 and 15-18. Sign up now through Jan. 14.

Congressional award meeting

A meeting takes place 6-8 p.m. Jan 19. Participants will learn about the award program for young adults ages 14-23. Set personal goals and log hours toward this prestigious award.

Keystone club meeting

The Keystone Club meets 6-8 p.m. Wednesday. Teens can join this leadership group and meet the challenge of community service, design and coordinate exciting programs.

Child Development Center

687-5588

Developmental enrichment program

The child development center is accepting enrollments for preschool. It's open to 3 to 5 year olds not requiring full-time care. Call for more details.

Skills Development Center

687-5691

Quilt square class

A three session beginners quilt square class takes place 3-5 p.m. Wednesday, Jan. 19 and 26 at the skills development center. There is a \$15 fee. Students must bring their own sewing machine and scraps of fabric. Call for more details or stop by to sign up.

Framing class

Learn to frame an entire project and earn your certification to cut mats. Bring your own 5x7 (or smaller) photo. Class time is 6-9 p.m. Jan. 20 at the skills development center. The \$40 fee includes supplies. Call for more details.

Basic Mig Welding and Safety Class

Take a class 2-5 p.m. Wednesday to learn how to use the welding equipment at the auto skills center. The cost is \$5 per person, sign up by Tuesday. Call for more details or stop by to sign up.

Whiteman Inn

687-1844

Lodging holiday policy

Team Whiteman members can make family reservations up to two weeks before their family arrives through Jan. 31 at Whiteman Inn. People can reserve a total of three nights at a time, with the option to extend, based on availability. Call for more information.

Thank you to these community members who helped to make First Night, Jive into '05 a success. They are: Northrop Grumman*, Sysco*, Coca-

Cola*, Pepsi*, Frito Lay*, Sedalia Wal-Mart*, Sears*, Parkers Grocery*, K-Mart*, Hastings*, Blockbuster*, El Tapito*, Russell Stovers*, Players

Restaurant*, Del Amici Restaurant*, Arwood's Furniture*, Perkins*, LA Tan*, LA Nails*, Base Exchange, Commissary, and Rode Eagle Cycle*.

Team Whiteman rings in New Year with family-oriented event



Photo by Jamie Jennings

Zach Taylor, son of Capt. Michael Taylor, 509th Services Squadron, tries to maintain his balance during Tricycle Relay at the fitness center. Participants in the contest competed for a 19-inch TV, a DVD player or a gift certificate to a mexican restaurant.



Photo by Jamie Jennings

Master Sgt. Mark Hamrick, 509th Services Squadron; Staff Sgt. Vanessa Capek, 442nd SVS; Aaron Poslusny, fitness center volunteer; and Airman Tim Soloria, 509th Civil Engineer Squadron, build the background set for the Jive into '05 opening ceremony at the fitness center. More than 50 volunteers helped ensure the night's events were successful.



Photo by Brenda Alexander

Left: Jive into '05 First Night participants make a float during the build a Float contest at the community center Dec. 31. Families who entered the contest competed for a DVD player.



Photo by Brenda Alexander

More than 200 Team Whiteman members participated in and danced the night away during Jive into '05 Dec. 31 at Mission's End. The family-oriented events took place at the fitness center, Stars & Strikes, community center, library, and Mission's End.

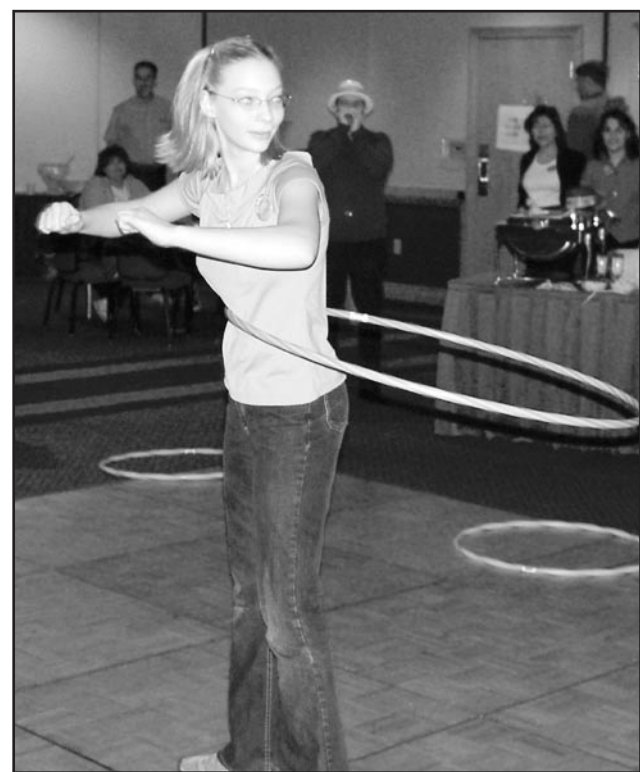


Photo by Brenda Alexander

Dana Davis swings a hula hoop during the Jive into '05 First Night activities at Mission's End Dec. 31. People who participated in the contest had the opportunity to win a T-shirt and a gift certificate. Dana's mother is retired Master Sgt. Cynthia Davis.